



Safe use of Prescription Pain Medication

**Take only as directed.
Mistakes or misuse can cause serious
health problems and even death.**

- **Tell your doctor and pharmacist about all other drugs you are taking.**
It may be extremely dangerous to combine pain medications with certain other prescription and over-the-counter drugs. If you have more than one doctor, make sure they know about all the medications you are taking.
- **Do not drink alcohol while you are taking pain medication.**
This can stop your breathing and cause death.
- **Let your doctor know if you have concerns about your pain medication.**
Talk with your doctor if you want to change how much you take, how often you take it, or if you are worried that your use might be out of control.
- **Never take pain medication that is not prescribed for you. Never share your prescription with others.**
It's dangerous and illegal.

Call 911 immediately if you suspect an overdose.

The caller and person overdosing will NOT be charged with drug possession.

Possible signs of overdose from pain medication include:

- Trouble breathing
- Can't wake up
- Confusion
- Blue lips or blue fingernails
- Clammy, cool skin

More serious effects of overdose are:

- Seizure
- Coma
- Death

Keep children and family safe.

Put your pain medication in a place where others can't take it.



Dispose of unwanted medication in a way that protects others and the environment:

- Call your local police department to find a drop off location near you.

If you can't drop off unused medication:

- Throw it away in its original childproof and watertight bottle. Put garbage in the bottle and hide it in the trash.
- Do not flush it down the toilet.

For more information

<http://takeasdirected.doh.wa.gov>

<http://stopoverdose.org>

For persons with disabilities this document is available on request in other formats. To submit a request, please call 1-800-525-0127 (TTY/TDD 1-800-833-6388).



Dear Colleague,

The Washington State Department of Health (DOH) provides print-ready files (PDFs) of health education materials. To ensure that the original quality of the piece is maintained, please read and follow the instructions below and the specifications included for professional printing.

- **Use the latest version.** DOH materials are developed using the most current information available, are checked for clinical accuracy, and are field tested with the intended audience to ensure they are clear and readable. DOH programs make periodic revisions to educational materials, so please check this web site to be sure you have the latest version. DOH assumes no responsibility for the use of this material or for any errors or omissions.
- **Do not alter.** We are providing this artwork with the understanding that it will be printed without alterations and copies will be free to the public. Do not edit the text or use illustrations or photographs for other purposes without first contacting us. Please do not alter or remove the DOH logo, publication number or revision date. If you want to use a part of this publication for other purposes, contact the Office of Health Promotion first.
- **For quality reproduction:** Low resolution PDF files are intended for black and white or color desktop printers. They work best if you are making only one or two copies. High resolution PDF files are intended for reproducing large quantities and are set up for use by professional offset print shops. The high resolution files also include detailed printing specifications. Please match them as closely as possible and insist on the best possible quality for all reproductions.

If you have questions, contact:
Office of Health Promotion
P.O. Box 47833 Olympia, WA 98504-7833
(360) 236-3736

Sincerely,
Health Education Resource Exchange Web Team

P R I N T I N G S P E C I F I C A T I O N S

Title: **Safe Use of Prescription Pain Medication** (card)

Size: 3.5 x 8.5"

Paper stock: Cougar 65# cover, white, smooth

Ink color: 4-color process

Special instructions: 2-sided printing

DOH Pub #: 346-031